



The Peaceful Pill Handbook: 2016 Edition

Dr Philip Nitschke (Contributor) , Dr Fiona Stewart (Contributor)

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Allyn Nichols says

Highly informative about end of life choices for the elderly and those who are seriously ill. This isn't a book for sufferers of depression and as the book explains Help is out there. This is a guide to empowerment and knowledge for it and when it is strictly necessary. If you feel or suffer from depression or mental health issues PLEASE seek help rather than an exit strategy. I have found this book extremely helpful in more ways than one. Knowledge is power, hoping or trying for a way out blindly is destined to fail and most likely lead to more illness, pain, suffering and most of all failure. I personally do not advise taking any measures toward ending your life. Help is out there. Just ask for it.
